



FLU.GOV

Know what to do
about the flu.

2009 H1N1 Flu: Who's at High Risk for Complications?

Some people are more likely to get flu complications and should talk to a health care provider about whether they need to be examined if they get flu symptoms this season. They are:

- Children younger than 5, but especially children younger than 2 years old
- People 65 and older
- Pregnant women
- People who have:
 - Cancer
 - Blood disorders (including sickle cell disease)
 - Chronic lung disease [including asthma or chronic obstructive pulmonary disease (COPD)]
 - Diabetes
 - Heart disease
 - Kidney disorders
 - Liver disorders
 - Neurological disorders (including nervous system, brain, or spinal cord)
 - Neuromuscular disorders
 - Weakened immune systems (including people with AIDS)

Also, it's possible for healthy people to develop severe illness from the flu. Seek medical attention right away if you have any of the following **emergency warning signs**:

CHILDREN

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

ADULTS

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

